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[illegible]	[illegible], [illegible], [illegible]	[illegible], [illegible], [illegible] [illegible]-HTP, [illegible]-MTHF, [illegible], [illegible] deficit [illegible]
[illegible]	[illegible]—[illegible]-[illegible]—[illegible], [illegible], [illegible], [illegible] OPRM1 A118G [illegible]	[illegible], [illegible], [illegible], [illegible] OPRM1 [illegible]

[illegible] - [illegible]

[illegible] - [illegible]

[illegible]: [illegible] acetaldehyde (ADH1B [illegible]), [illegible] acetate (ALDH2 [illegible])[illegible] Acetaldehyde [illegible]— [illegible] DNA, [illegible] , [illegible] hangover [illegible], nausea ([illegible]) [illegible]

[illegible], [illegible]

[illegible]	[illegible]	[illegible]
ADH1B [illegible] (rs1229984).	[illegible]— [illegible], ALDH2 [illegible]	[illegible] ADH1B [illegible] ALDH2 [illegible], [illegible], [illegible] ADH1B [illegible] ALDH2 [illegible], [illegible], [illegible]
ALDH2*2 [illegible] (rs671) –	[illegible] (*1/*2):	[illegible] ALDH2*2 [illegible]—[illegible]

[illegible] [illegible] [illegible]	[illegible] [illegible]% [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] (*2/*2): [illegible] [illegible], [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (AUD) [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] شديد [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
ALDH2*1/*1 ([illegible] [illegible])[illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (GABRA2, OPRM1, COMT) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] ALDH2 [illegible] [illegible] [illegible] [illegible] [illegible] —[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- [illegible] в [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], в [illegible] [illegible] [illegible] ('[illegible]'), [illegible] [illegible] [illegible], [illegible] [illegible], в [illegible] [illegible] [illegible]-[illegible] [illegible] (с [illegible] [illegible] 09 и [illegible] [illegible] 18) [illegible] [illegible] [illegible] [illegible]
- [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] (в [illegible] [illegible] [illegible]), в [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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			[illegible] GABA [illegible], [illegible] COMT ([illegible]) [illegible] — [illegible]
ALDH2	[illegible] — [illegible]	rs671 (*1/*1, *1/*2, *2/*2)	[illegible] *2/*2 [illegible], [illegible], [illegible] [illegible]-[illegible]
ADH1B	[illegible] — [illegible]	rs1229984 ([illegible]) [illegible]	[illegible] ADH1B (His48 [illegible]) [illegible]—[illegible], [illegible] ADH1B [illegible] —[illegible] AUD ([illegible]) [illegible]
MTHFR	[illegible] - [illegible]	C677T (rs1801133), A1298C (rs1801131)	[illegible] MTHFR [illegible], [illegible]—[illegible] 5-MTHF [illegible], [illegible]
DRD2 / ANKK1	[illegible]	Taq1A (rs1800497)	A1 [illegible] ([illegible] D2 [illegible]) [illegible]— [illegible] sobriety [illegible], [illegible]

			[illegible]
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]/[illegible] [illegible]	[illegible]/[illegible] [illegible]—[illegible] [illegible]-HTP, [illegible]-MTHF, [illegible] SSRIs ([illegible]) [illegible], [illegible] —[illegible]
CYP2E1	[illegible]—[illegible]; [illegible]	[illegible] (rs2031920, rs3813867)	[illegible] CYP2E1 [illegible]—[illegible] N-[illegible] (NAC) [illegible] ([illegible] precursors, [illegible]-[illegible]) [illegible]
CYP2C19 / CYP2D6	[illegible]	[illegible]	[illegible] (CYP3A4), [illegible] ([illegible] CYP [illegible] - [illegible]) [illegible], [illegible]; [illegible]

[illegible], [illegible]

[illegible]:

- [illegible]—[illegible], [illegible], [illegible]? [illegible] Sage COMT (Met/Met) + GABRA2 [illegible]
- [illegible], [illegible], [illegible]? → [illegible]-[illegible], [illegible] OPRM1

A118G □ □□□□□□□ Warrior COMT □□ □□□□□ □□□□□□□□□□ □□□□□□□ □ □□□□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□ □□

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8.8 - [illegible]: [illegible] [illegible] [illegible]?

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[illegible]	[illegible], [illegible], [illegible]	[illegible]
[illegible]/ [illegible]	[illegible]	[illegible] - [illegible]

[illegible]

1. [illegible]
2. [illegible]
3. [illegible] GABA [illegible], Magnesium + L-theanine [illegible], L-tyrosine [illegible] Rhodiola [illegible]
4. craving [illegible]

5. [illegible] [illegible] [illegible]

			[illegible] [illegible] [illegible]

[illegible] 8 - [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

* [illegible] [illegible] (REM [illegible]): [illegible] [illegible] [illegible]

[illegible] 6 — [illegible] [illegible]: [illegible] GABA [illegible]

[illegible] - [illegible] [illegible] 60-70, [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible]	[illegible]	[illegible] [illegible]	[illegible] [illegible] [illegible]
[illegible] [illegible] (0-10 [illegible] [illegible] [illegible] 0-7 [illegible])[illegible]	[illegible] [illegible] - [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] ([illegible])	[illegible] (GABA) [illegible] — [illegible], [illegible]-[illegible] (PAWS) [illegible]; [illegible] abstinence [illegible]	[illegible] - [illegible]; [illegible] PAWS [illegible]	[illegible] GABA [illegible] (GABRA2 [illegible]) [illegible] PAWS ([illegible]-[illegible]) [illegible]—[illegible], [illegible], [illegible]

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[redacted]

[redacted] - [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [